

# PART V: ADDITIONAL RESOURCES

The following list of websites is recommended to further your understanding of rice:

## **[www.MenuRice.com](http://www.MenuRice.com)**

USA Rice Federation's comprehensive online resource for foodservice professionals includes extensive information on U.S.-grown rice, chef perspectives, recipes, menu solutions, food photography, trends and suppliers of U.S. rice.G

## **[www.usarice.com](http://www.usarice.com)**

USA Rice Federation's website representing the U.S. Rice Industry. Access information on all aspects of U.S.-grown rice—history, nutrition, recipes, food photography and more. Visit USA Rice Federation's International websites for information, trends and recipes from around the world.

## **[www.calrice.org](http://www.calrice.org)**

California Rice Commission's website focuses on the California rice industry, rice varieties, preparation and environmental issues. California produces an abundance of medium grain rice, some short grain rice and specialty types. The majority of rice grown is Calrose, a medium grain rice used in sushi, Asian dishes and desserts.

## **[www.usda.gov](http://www.usda.gov)**

The U.S. Department of Agriculture site that houses information and data on consumption, usage, research and rice production issues.

## **[www.csaceliacs.org](http://www.csaceliacs.org)**

Celiac Sprue Association is a member-based non-profit organization dedicated to helping individuals with celiac disease worldwide through education, research and support.

## **[www.wholegrainscouncil.org](http://www.wholegrainscouncil.org)**

The Whole Grains Council is a nonprofit consumer advocacy group working to increase consumption of whole grains for better health. The WGC's many initiatives include programs for foodservice.

## **[www.cawildrice.com](http://www.cawildrice.com)**

The California Wild Rice Advisory Board is a non-profit organization of California Wild Rice growers, representing approximately 65 California growers and supporting field research, nutritional research, domestic and international promotion of wild rice.

## **[www.mnwildrice.org](http://www.mnwildrice.org)**

Minnesota Cultivated Wild Rice Council supports the cultivated wild rice industry through leadership, research, promotion and education.

## **Add your own favorite resources:**

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## GLOSSARY OF TERMS

**Amylose** – A component of starch in rice that, when in higher proportion, produces firm and fluffy grains, such as in long grain rice.

**Amylopectin** – A component of starch in rice that, when in higher proportion, produces soft, sticky grains, such as in short grain rice.

**Bran** – The outer layer of the rice kernel after the hull is removed. Rice bran ranges in color (due to the presence of naturally antioxidant-rich pigments) from tan to brown, and from red to purple-black.

**Celiac Disease** – A digestive disease in which sufferers are not able to digest gluten, the protein found in certain grains such as wheat, barley and rye.

**Endosperm** – The large interior of the rice kernel which includes most of the protein, starch, vitamins and minerals.

**Enriched (Enrichment)** – Most of the white rice sold in the U.S. is enriched with a thin coating of thiamine, niacin, iron and fortified with folic acid. It is important to avoid rinsing enriched rice to prevent the loss of water-soluble nutrients.

**erm** – The embryo of the rice, which would sprout into a new plant if allowed to germinate. The germ contains most of the oil in the rice kernel.

**luten** – Protein found in wheat, barley and rye. luten is indigestible for some people who have gluten sensitivity or suffer from Celiac disease. Rice is naturally gluten-free and is a grain frequently used in gluten-free cooking.

**lutinous Rice** – Another name for rice that does not have amylose starch and is therefore very soft and sticky. lutinous rice does not contain gluten.

**Hull** – The fibrous indigestible shell of the rice kernel. It is removed at the beginning of the milling process to make rice edible.

**IQF** – Individually frozen rice grains cooked before packaging to provide a free-flowing ingredient for use in frozen and prepared food products.

**Kernel** – A grain of rice, generally consisting of the hull, bran, germ and endosperm.

**Milling** – Steps by which unprocessed paddy rice is turned into whole grain rice and white rice.

**Paddy Rice (Rough Rice)** – Unprocessed rice that includes the inedible fibrous hull. Paddy rice is indigestible and must be milled to produce rice for human consumption.

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**Parboiled** – Paddy rice that is pressure steamed before it is milled, partially cooking the starch before further milling. Parboiled rice is not “precooked” (instant) rice. Like regular milled rice, it must be fully cooked before serving. Cooked parboiled rice results in a product with firm and separate grains. By pressure steaming the entire kernel, some of the nutrients in the bran layers are driven into the endosperm along with pigments which make the rice a pale yellow color.

**Polishing** – Producing white rice by putting dried grains in machines that rub them together under pressure to remove the bran.

**Precooked (Instant)** – Brown or white rice that is completely cooked after milling and dried. As a result, precooked rice only requires rehydration or short cooking before serving.

**Rough Rice** – See Paddy Rice.

**Wild Rice** – A whole grain that is not botanically in the rice family. It grows in cool climates in North America, with primary U.S. production in Minnesota and California. Wild rice is an important ingredient in foodservice kitchens, as it blends well with rice and is popular with chefs and consumers.



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## U.S. RICE TYPES AND USAGE CHART

There are many types of U.S.-grown rice available to satisfy the diverse needs of the foodservice industry. Many are highly versatile and interchangeable in recipes. Others have unique characteristics that make them good choices for specific menu items. Rice blends and seasoned rice mixes are also available for convenience and to add interest to menus.

Rice Type/ Form/Variety	Before Cooking Characteristics	After Cooking Texture	After Cooking Appearance	After Cooking Flavor	Menu Applications
Long grain White	3 to 4 times as long as wide	Light fluffy	White separate grains	Mild	Entrées, rice bowls, pilaf, jambalaya, stuffing, salads, soups
Medium grain White	White, 2 to 3 times as long as wide	Tender, moist, slight chewiness	Slightly sticky grains	Mild	Sushi, rice bowls, risotto, Asian dishes, paella, rice pudding, desserts
Short grain White	White, plump almost round grains	Tender, moist, slight chewiness	Sticky grains	Mild	Sushi, rice pudding, desserts
Long grain Brown	Tan-brown, 3 to 4 times as long as wide	Slightly chewy	Tan-brown separate grains	Nutty	Entrées, rice bowls, pilaf, stuffing, salads, soups
Medium grain Brown	Tan-brown, 2 to 3 times as long as wide	Slightly chewy	Tan-brown, slightly sticky grains	Nutty	Sushi, rice bowls, stir-frys, Asian dishes, salads, rice pudding, desserts
Short grain Brown	Tan-brown, plump almost round grains	Slightly chewy	Tan-brown, slightly sticky grains	Nutty	Rice bowls, sushi, Asian dishes, salads
Parboiled White	Yellow white, 3 to 4 times as long as wide	Light fluffy, firmer texture	Off-white separate grains	Mild	Entrées, rice bowls, pilaf, jambalaya, stuffing, salads, soups, firmer texture holds well on steam table
Parboiled Brown	olden-brown, 3 to 4 times as long as wide	Slightly chewy, firmer texture	Tan-brown separate grains	Nutty	Entrées, rice bowls, pilaf, stuffing, salads, soups, firmer texture holds well on steam table
Precooked/Instant/Quick Cooking White	White, 3 to 4 times as long as wide	Light fluffy	White separate grains	Mild	Entrées, rice bowls, pilaf, stuffing, salads, soups, extend burgers or chili, about 5 minute cook time
Precooked/Instant/Quick Cooking Brown	Tan-brown, 3 to 4 times as long as wide	Slightly chewy	Tan-brown, separate grains	Nutty	Entrées, rice bowls, pilaf, stuffing, salads, soups, extend burgers or chili, about 10 minute cook time
U.S. Jasmine	White, slender, 3 to 4 times as long as wide	Fluffy, slightly clingy grains	White, slender, moist grains	Aromatic, like popcorn	Entrées, rice bowls, pilaf, stuffing, salads
U.S. Basmati	White, slender, 3 to 4 times as long as wide	Fluffy	White, slender separate grains	Aromatic, like popcorn and toasted nuts	Entrées, rice bowls, pilaf, stuffing, salads
U.S. Arborio	Creamy white, 2 to 3 times as long as wide	Creamy, tender when cooked risotto style	Translucent white with opaque core	Mild flavor absorbs other flavors well	Risotto, paella, rice bowls, rice pudding, desserts
U.S. Aromatic Red	Brown-red, 3 to 4 times as long as wide	Slightly chewy	Brown-red separate grains	Aromatic, sweet, nutty	Entrées, rice bowls, pilaf, stuffing, rice cakes, salads, soups
U.S. Black or Mahogany Japonica	Purple black, 2 to 3 times as long as wide	Slightly chewy	Purple-black or mahogany color, separate grains	Aromatic, sweet, subtle spiciness	Entrées, rice bowls, pilaf, stuffing, rice cakes, salads, soups
Sweet Rice	Opaque white, plump almost round grains	Soft, sticky	Sticky grains	Slight sweetness and floral notes	Asian dishes, pudding, desserts
Wild Rice (an aquatic grass not botanically in the rice family)	Long, narrow, dark brown-black	Slightly chewy	Dark brown-black long, separate grains	Nutty, earthy	Rice pilaf, salads, side dishes, stuffing, soup





**The “Grown in the USA” logo identifies rice that is grown and packaged in the U.S. Chefs and operators who choose U.S. rice can be confident they are serving rice that is grown and harvested by U.S. farmers according to the highest production and quality standards.**

**The U.S. produces about 19 billion pounds each year in six states including Arkansas California Louisiana Mississippi Missouri and Texas. Over 80 percent of the rice consumed in the U.S. is grown here. The U.S. also provides high quality rice to countries around the world.**

**The U.S. offers many types of short medium and long grain rice as well as specialty rices including jasmine basmati arborio red aromatic and black japonica among others.**

**Visit [www.MenuRice.com](http://www.MenuRice.com) the complete online rice resource for information and recipes to meet your foodservice needs.**

**Thank you for supporting U.S. rice farmers and the U.S. economy!**

**USA Rice Federation  
4301 North Fairfax Dr.  
Suite 425  
Arlington VA 22203-1616  
703-236-2300  
[www.MenuRice.com](http://www.MenuRice.com)**

**A World of Great Ideas.**

